

Cooking Corner Tips To Help You

Pour On Delicious Options For Fresh Salads

(NAPSA)—It's no toss-up: Americans love salads. In today's health-conscious culture, people eat an average of three to six salads a week—and demand is growing for salad dressings that are as fresh as the mixed greens they're topping.

According to Tony Merola, chef and produce expert, the surge in salad consumption is largely due to the amount of easy-to-prepare, fresh ingredients offered at supermarkets.

"The produce industry has focused on convenience for years," he explains. "But an increasing number of people want high quality and great value as well."

Litehouse Foods is answering the demand with all natural refrigerated dressings that are made in small batches with 100 percent canola oil and no preservatives—proving that great taste and convenience can go hand in hand. What's more, the distinctive flavors make it easy to create a special, restaurant-quality salad in the comfort of your own home.

In the spirit of offering sensational salad options, the company is also inviting cooks to submit their favorite salad recipes for a chance to receive fresh produce for a year. Each recipe must contain at least one Litehouse product—dressings, Bleu cheese crumbles, marinades, herbs, etc.—no more than eight ingredients, and be received by October 1, 2003.

Although the cool, refreshing crunch of salads is typically savored during warm weather, there are plenty of ways to dress greens for delicious year-round dining. Salads also foster culinary creativity—opening up a whole



The flavors of pear, cranberry and pecan make this salad a winner.

new world for no-fuss meals and entertaining with ease. Try this flavorful recipe for inspiration:

Mixed Greens Salad with Pear and Candied Pecans

Preparation Time: 10 minutes

Serves 4

- 1/4 cup pecan halves**
- 2 Tbsp. sugar**
- 1 package (10 oz.) torn mixed salad greens**
- 1 pear, cored and thinly sliced**
- 1/4 cup sweetened, dried cranberries**
- 1 cup (4 oz.) Litehouse Idaho Bleu Cheese Crumbles**
- 3/4 cup Litehouse Cranberry Vinaigrette Dressing & Dip**

Cook pecans with sugar in small skillet over medium-high heat 3 minutes or until sugar melts, coats pecans and browns slightly, stirring constantly. Remove from pan; let cool.

Toss salad greens, pear slices, pecans, dried cranberries and cheese with dressing in large bowl.

For more information or to submit a recipe, visit www.lighthousefoods.com.